

Healthy Communities Newsletter

January 2020



CLARK COUNTY
WASHINGTON
PUBLIC HEALTH

Community partners working together to build health and resilience

It's a whole new year with the ACEs Action Alliance, Trauma-Informed Schools, Evergreen and Vancouver Faith-Based Coffee groups and Safe Kids Clark County.

To subscribe to the Healthy Communities Newsletter, please email Jan.Dolph@clark.wa.gov.

Our Community Meetings

SAVE THESE DATES!

Please note: Due to server limitations, we can no longer send individual Outlook invitations and reminders for meetings.

Please NOTE the following dates on your personal calendar.

An updated calendar for all meetings can be found at <http://acesactionalliance.org>

Jan. 9 - Trauma-Informed Schools Team

- 1 - 3 pm
- ESD 112, 2500 NE 65th Ave., Vancouver

Jan. 13 - Vancouver Faith-Based Coffee Celebration Breakfast

- By invitation only
- Doors open at 7 am
- Program: 7:30 - 9 am
- Adventist Community Church, 9711 St Johns Rd., Vancouver

ACEs Action Alliance

The ACEs Alliance is open to all members of the community.



ACTION ALLIANCE

- **No regular meeting this month.**
- A new steering committee is convening this month to identify goals for the future of the Alliance. Stay tuned for an announcement of quarterly meeting dates and other events in 2020.

Trauma-Informed Schools team meeting

Meets from 1 to 3 pm on the second Thursday of each month at ESD 112, 2500 NE 65th Ave., Vancouver.

- **Next meeting: Thursday, Jan. 9, 2020:** Cyndie Meyer, Clark County Public Health, will share what she learned from Ross Greene, Heather Forbes and others at the Trauma Informed Schools Conference in Denver. Please bring ideas from conferences you have attended to share! We will also discuss the tool under development for a county-wide scan of trauma-informed practices and policies at local schools.
- **Future meetings in 2020:** Feb. 13, March 12, April 9

Jan. 15 - Evergreen Faith-Based Coffee Celebration Breakfast

- *By invitation only*
- Doors open at 7:15 am
- Program 7:30 - 9 am
- Cascade Park Baptist Church, 1201 SE 136th Ave., Vancouver

Jan. 21 - Safe Kids Clark County

- 10 -11 am
- ESD 112, 2500 NE 65th Ave., Vancouver

TRAUMA-INFORMED PATHWAY*

*Adapted from Trauma Informed Oregon



For more information on the ACEs Action Alliance, resources, links to past newsletters, events and more, go to:

www.ACEsActionAlliance.org or follow us on Facebook at www.facebook.com/ACEsActionAlliance.



Special Thanks!

To our planning teams members; to Adventist Community Church and Cascade Park Baptist Church for sharing their lovely meeting facilities and hospitality; to community partner, Thea Weber, for providing snacks and coffee at Vancouver Faith-Based Coffee; to Randy DeWater and East Vancouver Community Church for providing snacks; and to Dutch Bros for providing coffee for Evergreen Faith-Based Coffee.

EVERGREEN Faith-Based Coffee

Meets from 8:30 to 10:30 am on the third Wednesday of each month at Cascade Park Baptist Church, 1201 SE 136th Ave, Vancouver.

No meetings in June, July, August and December

This year's theme: Growing Together.

- **Wednesday, Jan.15: Annual Celebration Breakfast** will be held in place of the regular January meeting.
- **Reservation required**
- 7:30 to 9:00 am
- Check in will begin at 7:15 am
- **Future meetings in 2020:** Feb. 19, March 18, April 15, May 20

VANCOUVER Faith-Based Coffee

Meets from 9 to 11 am on the fourth Thursday of each month at Adventist Community Church, 9711 NE St. Johns Road, Vancouver.

No meetings in June, July, August, November and December

- **Monday, Jan. 13, 2020 : Annual Celebration Breakfast** will be held in place of the regular meeting for January.
- **Reservation required**
- 7:30 to 9 am
- Check in will begin at 7 am
- **Future meetings in 2020:** Feb. 27, March 26, April 23, May 28

Follow us on Facebook for meeting updates and information:

www.facebook.com/VancouverFaithBasedCoffee
www.facebook.com/groups/EvergreenFaithBasedCoffee



Meets from 10 - 11:30 am on the third Tuesday of each month
ESD 112, 2500 NE 65th Ave, Vancouver

- **Next meeting: Tuesday, Jan.21**
- **Future meetings:** Feb. 18, March 17, April 21, May 19

Car Seat Safety class and clinic

Meets from 10 am - 2 pm on the third Saturday of each month at
PeaceHealth Southwest Education Center, 400 NE Mother Joseph
Place, Vancouver.

- **Next class:** Saturday, Jan. 18
- More information [here](#)

Tobacco 21 signed into law

On Jan. 1, Washington state joined 17 other states, the District of Columbia and Guam by adopting a new law that limits tobacco and vapor product access. The law protects youth by making it illegal to sell tobacco and vapor products to anyone under 21 years of age.

[Read more and watch the video here](#)



WASHINGTON STATE CAR SEAT LAWS CHANGING JANUARY 1, 2020



Read more about child passenger safety at
[Target Zero.](#)

New car seat law effective Jan. 1, 2020

Are you aware that a new child car seat law takes effect this month? The new law decreases the chance that children will die or be seriously injured in a collision.

Starting Jan. 1:

- Children up to 2 years old must ride in a rear-facing car seat.
- Children ages 2 - 4 years of age must ride in a car seat with a harness.
- Children shorter than four feet, nine inches and who have outgrown the child harness seat must use a booster seat, regardless of age.
- Children under 13 must ride in the back seat of the vehicle.

Meet Apollo, AMR's Therapy Dog

Apollo, an adorable 11-month-old brown labradoodle, has joined American Medical Response (AMR) Vancouver as their therapy dog. While Apollo was in training over the past year, he attended events, met people and charmed children. After he is fully certified as a therapy dog, Apollo will be on-call every day and will respond to calls with AMR's critical incident stress management team and will attend local events.

Kanessa Thompson, AMR paramedic and coordinator of Safe Kids Clark County, is



Apollo's handler. Apollo will live with Kanessa full time until he completes his training and becomes fully certified.

For more information,
read about Apollo in [The Columbian](#).

Product Recalls

Safe Kids Worldwide lists product recalls each month. Please note: Product recalls never expire, so it's important to check the recalls on a regular basis. This is especially important for hand-me-down or pre-owned children's products. Used child car seats and bike helmets should never be re-used in case their integrity is compromised.

[Safe Kids recalls](#)

News you can use

Making resolutions for the new year? Try mindfulness instead! This insightful post by Castle Craig Hospitals, intended for folks in recovery, has helpful advice for all. [Read more here.](#)

Free online training about trauma-informed approaches in mental, behavioral and physical health care available through Washington Health Care Authority. These are online versions of the courses that En Route Consulting recently taught here in Clark County. You can [register here](#) or find more resources at [HCA's website on trauma-informed approaches](#).

Poverty can impact the brain of a growing fetus, but it doesn't have to. A new study reported in Pediatrics (Dec. 2019) reported that home nursing visits through the Nurse-Family Partnership program resulted in statistically significant improvements in language, mathematics and cognitive achievement and a reduction in criminal convictions among 18-year-olds whose mothers had received NFP support before and after they were born. Another study of single mothers with limited personal resources found that NFP home visits saved \$17,310 per family in public benefit costs over the same 18-year period.

[Read a summary here.](#)

Educators! Here are 10 Simple Steps you can take to address toxic stress in the classroom. An easy read with practical tips that can help build safety, predictability and belonging for children at school. Regulated brains learn better, connect more and grow healthier. [Read more here.](#)

New paid leave law supports families.

Washington residents working in companies with more than 50 employees and working an average of 16 hours per week or more are eligible for up to 12 weeks of paid family and medical leave starting in 2020.

Employees can apply for leave with the Employment Security Department to get a partial wage replacement, up to 90 percent of their typical pay, capped at \$1,000 per week. Paid Family and Medical Leave helps to alleviate stress for families. Find out more about the law here: <https://paidleave.wa.gov/>.

Feel free to print or share the poster.

Paid time off. Peace of mind.

Paid Family and Medical Leave provides paid time off when a serious health condition prevents you from working, when you need to care for a family member or a new child, or for certain military-related events. It's here for you when you need it most, so you can focus on what matters.

How it works



Nearly every Washington worker—whether you work full time or part time in a small to large business—is eligible for up to 12 weeks of Paid Family and Medical Leave. You need to work 820 hours in Washington, or about 16 hours per week, over the course of about a year. You can get up to 16 weeks if you have family and medical events in the same year, or up to 18 weeks in some cases. Leave doesn't have to be taken all at once. You can use these weeks within your "claim year," which starts when you apply and then runs for the next 52 weeks. When that claim year expires you can then be eligible for leave again.

You apply for leave with the Employment Security Department and will get partial wage replacement, up to 90 percent of your typical pay, capped at \$1,000 per week.

Your rights



If you meet the requirements, you have the right to take paid time off using Paid Family and Medical Leave.

If you qualify for Paid Family and Medical Leave, your employer cannot prevent you from taking it. Your employer also cannot require you to use other types of leave, such as sick or vacation days, before or after taking Paid Family and Medical Leave. The program is funded by premiums shared between workers and many employers. The premium is 0.4% of your wage. You may pay about 2/3 of that total, and your employer (if they have 50 or more employees) pays the rest. A calculator to estimate premiums is available on our website.

To file a complaint against your employer about Paid Family and Medical Leave, email or call our Customer Care Team at paidleave@esd.wa.gov or (833) 717-2273.

You may also contact the Office of the Paid Family and Medical Leave Ombuds. The Ombuds is appointed by the governor and serves as a neutral, independent third party to help workers and employers in their dealings with the Department. The Office of the Ombuds investigates, reports on and helps settle complaints about service deficiencies and concerns with the Paid Family and Medical Leave program. Learn more at www.paidleaveombuds.wa.gov or call the Ombuds' office at 844-395-6697.

Learn more and apply at
paidleave.wa.gov

Paid Family
and Medical Leave



Announcements & upcoming events

Registration NOW open for local courses on ACEs and Resilience

Two opportunities to learn more about ACEs and resilience are offered again this winter through Clark College Economic and Community Development:

- **An iCAN workshop** will begin Jan. 29 for three weeks. Taught by Curtis Miller, this course is ideal for those who work with or care about people who are adversely impacted by trauma. \$89. [Click here to read more and register.](#)
- **Adversity to Resilience** is an eight-hour course that meets once weekly for four weeks, beginning on Feb. 5. The course explains the basics of trauma, toxic stress, brain development, epigenetics and resilience. The class has been approved for early learning STAR hours and educator CLOCK hours. \$79. [Click here to read more and register.](#)

It takes a big heart to shape little minds

Educational Opportunities for Children and Families (EOCF) works with families on goal setting, identifying needs, medical, dental, vision, and hearing screenings. We provide nutritious meals for our children, offer family engagement events, and offer our parents a chance to be a part of how we operate with positions on our Parent Policy Council. We offer an amazing preschool experience where children are prepared for kindergarten as well as family services that assist families in bettering their situation.

EOCF is now enrolling for preschool opportunities in the following Vancouver School District areas:

- Hazel Dell Elementary
- 99th St. Center
- Starcrest
- Fruit Valley
- MacArthur

NO CHARGE for eligible families.
Call to discover more at 360.567.2720.

Gracias por su interes. Para ayuda en Español
llame 360-567-2720

To learn more and complete an online application
at www.eocfwa.org and we will contact you.
Hablamos Español.



EOCF™
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EDUCATIONAL OPPORTUNITIES FOR CHILDREN AND FAMILIES

Free Preschool



Now Enrolling

Apply Online www.eocfwa.org **Call Us At** 360-567-2720

- Early Head Start 4 weeks to 3 years
- Head Start 3 years old to 5 years old.
- Early Childhood Education and Assistance (ECEAP) 3 years old to 5 years old

Washington State Department of
CHILDREN, YOUTH & FAMILIES

"Hablamos Español"



2020 HOUSING & HOMELESSNESS ADVOCACY DAY



MEET WITH YOUR
REPRESENTATIVES IN
OLYMPIA AND MAKE
YOUR VOICE HEARD

FEBRUARY 3, 2020

Join us in Olympia to advocate for public policy that supports our neighbors experiencing poverty and homelessness. Email or call Laura Ellsworth to reserve your spot on the bus! Transportation and training provided. No experience necessary.

l Ellsworth@councilforthehomeless.org
360-993-9526

Council for the Homeless invites you to join them in Olympia to advocate for public policy that supports our neighbors experiencing poverty and homelessness.

to reserve your spot on the bus!

Transportation and training provided. No experience necessary.

Beacon Health announces availability of Southwest Washington Mental Health Block Grant funding

Beacon Health Options is seeking grant requests to support mental health service needs, priorities and innovative programs to serve the communities of Clark, Skamania and Klickitat counties. In particular, Beacon is looking to fund innovative programs that support integrated care delivery for adults with serious mental illness and children with serious emotional disturbances. Responses are due by 5 pm on Friday, Jan. 17.



Turn adversity into resilience: Help others heal from child sexual abuse as a #SHINE Ambassador

The Clark County Children's Justice Center wants to shed light on the issue of child sexual abuse. They are looking for adult survivors of childhood abuse who can pass on messages of healing and hope to others.

If you are interested in volunteering, please contact [Amy Russell](#).

ECEAP openings available

The Early Childhood Education and Assistance Program through ESD 112 has openings throughout the year.

For more info, call the Enrollment Team at 360.952.3466 or go to

<https://www.esd112.org/ece/eceap/>

Warm-hearted volunteers needed

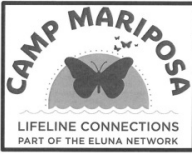
It is cold and wet outside!

Share your warm heart with others by volunteering to help staff a Winter Hospitality Shelter.

Warm hearts, warm families!

[Learn more here](#)

Lifeline Connections
hope help Healing.



Call for Volunteer Mentors!

Camp Mariposa is a free, weekend camp program for children ages 9-12 who are affected by the substance use disorder of a loved one.

Youth participate in fun, traditional camp activities such as hiking and games, combined with education and support sessions led by mental health professionals and trained adult mentors. Camp is held four to six times a year from Friday evening to Sunday. Campers and adult mentors make a one-year commitment to the program. Additional social activities are offered for children and their families throughout the year. All program activities are offered free of charge to families. Camp Mariposa provides a safe, fun and supportive environment critical to helping break the cycle of addiction.


Camp Mariposa is in need of volunteer mentors to help make this Camp possible!

Position Skills:

- Enjoy working with kids aged 9-12 years
- Hard-working, enthusiastic and committed to the safety and well-being of campers
- Adaptable and comfortable staying in a camp setting and interacting positively with campers and staff.
- Communication with campers, staff and parents.
- Friendly, happy, with a good sense of humor (laughter can be the best medicine)!

Specific Responsibilities:

1. One year commitment to participate in camp preferred
2. Positive behavioral management
3. Developing positive mentor relationships with participating youth
4. Ensure camper safety
5. Participation in camp outdoor and therapeutic activities



Caring, compassionate adults are key in making Camp Mariposa successful. You can make a difference in someone's life; let this be your opportunity!

Please contact Trista Wolles, Program Supervisor for more information
(360) 605-7628
twolles@lifelineconnections.org

Volunteer mentors needed for Camp Mariposa

Camp Mariposa is a free, weekend camp program for children ages 9-12 who are affected by the substance use disorder of a loved one. Camp Mariposa is a program with Lifeline Connections.

As a volunteer, you can make a difference in these campers' lives.

Contact Trista Wolles, Program Supervisor, for more information at 360.605.7628 or twolles@lifelineconnections.org

[For more information](#)

New dates for CASA volunteer information sessions

If you have a heart to help foster youth who are engaged in the judicial process due to abuse or neglect, learn more about the CASA program.

The Clark County CASA program is holding information sessions in January and February at the YWCA, 3609 Main Street, Vancouver:

- Monday, Jan. 6 at 12 noon
- Monday, Jan. 6 at 6 pm
- Thursday, Feb 13 at noon
- Tuesday, Feb. 18 at 6 pm

For more information, contact Katie Benzel at 360.909.9142 or kbenzel@ywcacounty.org

[More information here](#)

Lend your voice.

Become a CASA Volunteer.

Come and learn more about the Clark County CASA Program at one of our upcoming 1-hour Information Sessions.

Visit us at casaclarkcounty.org or call 360-906-9142 for more information.

Monday, January 6th at 12:00pm
Monday, January 6th at 6:00pm
Thursday, February 13th at 12:00pm
Tuesday, February 18th at 6:00pm



YWCA Clark County, 3609 Main Street, Vancouver

CASA (Court Appointed Special Advocate) volunteers advocate for the best interest of children who have come into the care of the state as a result of abuse or neglect. Volunteers receive over 50 hours of training and are asked to commit to at least 2 years with the program so they can provide consistency for the child.

eliminating racism
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Clark County

Don't face brain injury alone

The **Washington Traumatic Brain Injury Resource Management Program** is free to brain injury survivors and their families. Support Group meetings are at 2 pm on the second and fourth Thursdays of each month at Legacy Salmon Creek Hospital, Conf. Rm B.

Contact CarlaJoW@BIAWA.org

ABCD Dental offers free dental resources for kids on Apple Health

The Access to Baby and Child Dentistry (ABCD) program, for children birth to 5 years old, provides resources and an updated list of dentists who accept Apple Health. For information, brochures or a presentation about ABCD dental, please connect with Anna Cruz at 564.397.7371 or via email at anna.cruz@clark.wa.gov

Urban Forestry offers in-school



classes

The City of Vancouver Urban Forestry Department seeks opportunities to teach kids at local schools about trees. Hands-on activities can be tailored to each class's specific needs.

Contact [Autumn Weir](#) or [Ashley Lehto](#) at the City of Vancouver.

About our coalitions and community groups

The ACEs Action Alliance is:



A multi-sector collaborative of public and private organizations and individuals. We raise awareness about adverse childhood experiences (ACEs) and their long-term impact. We promote trauma-informed approaches and policies to support resilience and healing for people of all ages. All are welcome at monthly meetings.

The Trauma-Informed Schools Team is open to anyone who works in or with schools in Clark County. We meet monthly to explore tools, resources and applications of trauma-informed principles for schools.

Check the calendar at [ACEsActionAlliance.org](https://www.acesactionalliance.org) for current meeting information and other resources.

[ACEsAction Alliance on Facebook](#)



Faith-Based Coffee is:

A non-denominational bridge that joins faith partners, communities and local schools to share learning, meet the needs of children, families and neighborhoods, and address emergent needs that arise in our community. All are welcome. Members maintain the separation of church and state at meetings and when fulfilling needs by serving from the heart without promoting personal religious beliefs or engaging in religious recruitment.

[Evergreen Faith-Based Coffee on Facebook](#)
[Vancouver Faith Based Coffee on Facebook](#)



Safe Kids Clark County is:

A member of [Safe Kids Worldwide](#), a grassroots network of more than 600 coalitions and chapters that work closely with law enforcement officers, firefighters, paramedics, health professionals, educators, businesses, public policy makers, and, most importantly, parents and kids to promote safety. Priorities include proper car seat use, baby's safe sleep, reducing child vehicular injuries and deaths, and water safety. Local coordination provided by American Medical Response (AMR).

[Safe Kids Clark County on Facebook](#)



CHARG is:

A local forum for community members and health professionals to connect and collaborate in order to deliver appropriate services that meet the needs of the diverse populations of Clark County. At each of our bi-monthly forums, the Clark County Community Health Access Resource Group (CHARG) strives to illuminate and educate participants on a handful of themed topics relating to health access.

[CHARG! Website](#)

The Healthy Communities Newsletter is published the first week of each month. To submit announcements or share information, please send complete information or attach a high resolution pdf file to cyndie.meyer@clark.wa.gov by the 20th of the month prior. All submissions will be screened and may be edited prior to publication.

If you would like to receive the Healthy Communities Newsletter, please email Jan.Dolph@clark.wa.gov